



Ruth trained as a general and psychiatric nurse in Australia and has had extensive experience in general adult psychiatry, including as a Clinical Nurse Specialist in mood disorders. She has extensive experience in the management and diagnosis of severe mental illnesses, such as schizophrenia, bipolar disorder and depression. She has worked to optimise strategies for relapse prevention in bipolar disorder. She managed the Maudsley Hospital clozapine clinic for over five years, and the Southwark First Episode Psychosis team for 2 years. She has published widely, including the Maudsley Antipsychotic Medication Review Guidelines, and has completed a PhD in antipsychotic induced weight gain. She is now working at the Institute of Psychiatry, London with the DoH funded IMPACT study and is involved in IOP and international collaborations on the genetics of antipsychotic induced metabolic dysregulation.

Ruth is the co-ordinator of BipolarLab's Diagnostic and Symptom Monitoring Services and along with Yanni conducts many of the assessments required for the delivery of BipolarLab's services and also supervises and trains other junior lab members.